

Google dials up  
iPhone rival **3**

Workouts that  
hurt so good **28**

Jammin' in  
January **22**

Swine and wine  
are divine **15**



**r**  
**ed**  
**eye**

**Wednesday**  
JANUARY 6, 2010

[redeyechicago.com](http://redeyechicago.com)

A Chicago Tribune  
publication

★ FREE ★

Bears head coach  
Lovie Smith  
CHRIS SWEDA/TRIBUNE



# FIREPROOF?

Lovie beats the odds to stay with Bears, but pressure to win mounts **10-11**

# WHO YOU VIBIN'?



Name: Amanda Pairitz

Another installment of RedEye's "Who You Vibin?" online dating contest has come to a close, and the winner is ... Amanda Pairitz! We put her dater profile along with two other single ladies on RedEye's blog and asked readers to vote on whom they're vibin' the most. Their vote was for Pairitz, who is seeking a tall, dark and handsome guy in his late 20s or early 30s who has an adventurous spirit and sense of humor. If you're interested in getting in touch with Pairitz, hit up the e-mail listed below. Whether she responds is up to her, of course. Sign up for the fun—and check out the bachelors featured this week—at [redeyechicago.com/vibin](http://redeyechicago.com/vibin).

**What do you do?**  
Legal assistant

**The song that best describes my dating life:**  
"Milkshake," Kelis

**The best under-the-radar Chicago spot:**  
TarBar (Lincoln Square)



**You know you want me because:** When life hands you lemons, I am the friend with the vodka.

Age: 25

Neighborhood: Lakeview

E-mail: [legallyblonde25@gmail.com](mailto:legallyblonde25@gmail.com)

## To listen

Check out a free concert featuring Riot Inside, Whiskey Sin and Ziolo at 8 p.m. Wednesday at Double Door (1572 N. Milwaukee Ave.). Doors open at 7 p.m.

2do

23 17

## TODAY'S FORECAST

How d'ya like this cold? Eh? Not so much?

THU.  
**21**  
92 words:  
Blowing  
snow.FRI.  
**15**  
7Tired  
of this  
yet?SAT.  
**19**  
8Not  
getting  
warmer.SUN.  
**25**  
15A real  
hot one,  
folks!

## Calling all singles!

RedEye is looking for fresh faces to feature in our weekly dating contest. Think you can make the cut? Check out other dater profiles and submit your own at [redeyechicago.com/vibin](http://redeyechicago.com/vibin). Girl or guy, straight or gay, RedEye wants to hook you up!

## To watch

See an advance screening of "Youth in Revolt" starring Michael Cera at 7:30 p.m. Wednesday at AMC North Michigan (600 N. Michigan Ave.), followed by a GenArt after-party at Angels & Kings (710 N. Clark St.). Tickets are \$15 at [genart.org](http://genart.org). —via @BeckyGonzi

## To eat

Get a free Wow Bao at any Chicago location Wednesday by saying the "secret word" posted on the company's Facebook page ([facebook.com/hotasianbuns](http://facebook.com/hotasianbuns)).

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Nu U Medical Group

# TWO KILLED IN PLANE CRASH

**Chicago Tribune**

A small plane making a cargo run had almost reached Wheeling's Chicago Executive Airport when it crashed in a forest preserve Tuesday afternoon, killing the two men aboard and setting off an investigation into the cause.

Officials said the Learjet 35A, owned by Royal Air Charter of Waterford, Mich., left suburban Detroit about 90 minutes before the crash, and was scheduled to pick up cargo in Wheeling and ferry it to Atlanta. It had been cleared to land at the Chicago Executive Airport when it went down about 1:30 p.m., officials said.

Debris was scattered in the woods of a Cook County Forest Preserve about a mile from the airport, and the fuselage was partially submerged in the Des Plaines River. The water was slick with fuel.

Officials found two bodies in the wreckage, but said they might not be able to recover them until Wednesday.

Authorities offered no initial theories about what caused the crash. The National Transportation Safety Board indicated its probe would focus on the plane.

"We will look at the systems, the structure, the engine," said Pam Sullivan, senior safety investigator.

Robert Mark, a veteran commercial pilot who flew into Chicago Executive Airport shortly after the accident, believes the crash showed all the signs of a stall, the loss of lift that keeps a plane airborne.

"When they go in nose down, that's a classic stall spin. There's almost no other option," Mark said.

The stall could have occurred as the



Investigators look over the scene Tuesday where wreckage piled up along the shore of the Des Plaines River after a Lear cargo jet crashed in a forest preserve south of Chicago Executive Airport.

CHRIS WALKER/TRIBUNE PHOTOS

plane circled to make its final approach to the runway, experts said.

A circling approach was required Tuesday because winds were out of the west-northwest. The circling pattern is a more complicated maneuver than coming in straight.

Authorities did not release the identities of the pilot and co-pilot, and officials at Royal Air declined comment.

But spokesman J. David VanderVeen of the Oakland County International Airport, where the plane was based, said company officials told him the men were experienced with the Learjet.



## GO, GO GADGETS!

The International Consumer Electronics Show, which opens Wednesday, will be smaller than usual, with key products unveiled at prices that are far from extravagant.

Manufacturers will use the show in Las Vegas to trot out the devices they hope will keep consumers opening their wallets, despite high unemployment. TVs with 3-D displays, svelte laptops and e-book readers will be the hottest categories. RedEye couldn't help but think of a few ways to get tech heads amped up for the event. **AP CONTRIBUTED**



1 Slot machines on the convention floor.



2 Something with snazzy phones. People like snazzy phones.



3 Inspector Gadget appearance

## Can you hear Google now?

**Associated Press**

**MOUNTAIN VIEW, Calif.**

It's official: Google Inc. will sell its own mobile phone in an effort to protect its online advertising empire as people increasingly surf the Web on handsets instead of personal computers.

The phone announced Tuesday had been widely anticipated since Google handed out the device, called the Nexus One, to its own employees three weeks ago.

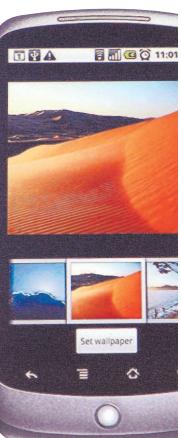
Consumers will be able to buy the Nexus One for \$179 if they commit to a two-year service contract with T-Mobile USA. The phone went on sale online Tuesday.

Google also will offer versions of the Nexus One that will give people the option of selecting the wireless networks of other major carriers. That's a departure from the way most mobile phones have been sold in the U.S.

The price of these so-called "unlocked" phones will be \$529.

Verizon Wireless in the U.S. and Vodafone in Europe will begin offering subsidies on the Nexus One this spring, according to Google executives.

The Nexus One escalates Google's budding rivalry with former Silicon Valley ally, Apple Inc., which has sold more than 30 million iPhones in the past 2 1/2 years. Apple announced a deal Tuesday to buy mobile advertising service Quattro Wireless to counter Google's proposed \$750 acquisition of Quattro rival AdMob.



### MORE ONLINE

So, Google's got a phone (above), but is it an iPhone killer? RedEye iPhone blogger Scott Kleinberg has the answer at [redeyechicago.com/iphone](http://redeyechicago.com/iphone).

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# What does :-) really mean?

Daters, beware: Those cute little emoticons you're using at the end of your text messages say more about your intentions than you might know, according to RedEye blogger Ana Fernatt.

:-) doesn't necessarily mean you're happy, :-( doesn't necessarily mean you're sad ... and you'll just have to read her blog to find out what 8--^) means!

Check out our readers' take on the emoticon issue, plus comments on recent RedEye blog discussions about music videos, "The Celebrity Apprentice" and the new Google phone.

### Emoticons are a turnoff

If someone is overly creative with their emoticons, that's a red flag for me ("Emoticon-ly challenged: Technology, dating and the smilee," Accidentally Sexy, Dec. 28). That's not cute anymore, it's childish. Hats, beards, bugs, flowers ... seriously, just send me the jpeg clip art and get it over with.

—MATT B ON REDEYECHICAGO.COM/SEXY

### Catch my drift?

:-) is way more suggestive than :-(.

—JADE ON REDEYECHICAGO.COM/SEXY

### Kanye's video flop

No video is dumber than Drake's video that Kanye West directed ("3 must-watch music videos," Kyles Files, Jan. 5). That was the most pointless video ever. Now as for my favorite video, no video (for me) has ever topped Busta Rhymes and Janet Jackson's "What's It Gonna Be?" Little Janets and Bustas coming down as raindrops. What?!

—MESSAGE FROM MONTIE AT REDEYECHICAGO.COM/KYLESFILES

### Google phone gets props

Initial impression—and this is just from playing with the interface on Google's site—they get mad points for product visualization and virtual interactivity ("Google's got a phone—but is it an iPhone killer?" iPhone, Therefore I Blog, Jan. 5). I could even measure how it would look in my hand. And it looks like a graphite version of the iPhone.

—FERNANDO DIAZ ON REDEYECHICAGO.COM/IPHONE

### Blago's gonna go

He'll be ousted from the show after he tries to sell the space for that thing on Donald Trump's head ("Rod Blagojevich joins cast of 'The Apprentice,'" Show Patrol, Jan. 4).

—RYAN KIEFER ON REDEYECHICAGO.COM/SHOWPATROL



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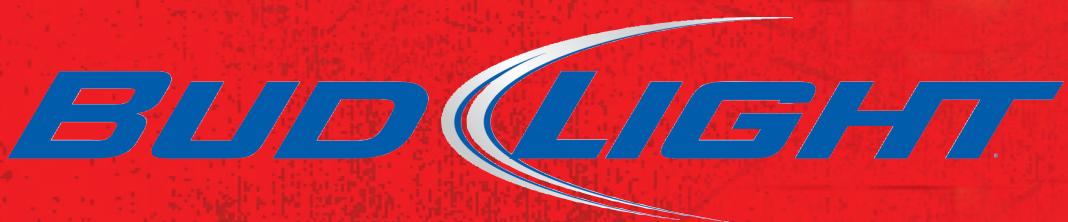
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# chicago



## THE DAILY STRETCH

Marketing executive Christopher Rago, in tie, joins about a hundred people Tuesday practicing yoga at Union Station to promote the financial management site [ZenDough.com](#). Rago helped organize the event, in which passers-by were encouraged to join in. **ALEX GARCIA/Tribune Photo**

### Woman who pulled headscarf guilty

A woman charged with pulling the headscarf of a Muslim woman in a Tinley Park grocery store pleaded guilty to reduced charges Tuesday and was sentenced to two years of probation and 200 hours of community service. Valerie Kenney, 54, of Tinley Park, originally was charged with a hate crime for the Nov. 7 incident in which she pulled the headscarf of Amal Abusumayah, 28, in the checkout line of a Jewel store at 17117 S. Harlem Ave.

### Look led to slaying, prosecutors say

A parolee was charged with murdering a 16-year-old boy after the two exchanged looks outside a South Side convenience store last week, Cook County prosecutors said Tuesday. Randall White, 42, of the 11900 block of South Wallace Street, was charged with the murder of Fred Couch Jr., which occurred outside Big Sam's Mini Mart, 333 W. 119th St. shortly after 8 p.m. Wednesday. Couch's slaying was captured on surveillance video.

### U. of I. deals with budget woes

University of Illinois administrators and professors will be asked to take unpaid furlough days this winter because of a "grim and worsening" state budget picture, Interim President Stanley Ikenberry told staff in an e-mail Tuesday. Ikenberry also froze hiring and interim wage increases. With the U. of I. system facing a \$400 million shortfall, the cuts affect employees on all three Illinois campuses—Urbana-Champaign, Chicago and Springfield.

### Report: 4 CTA employees fired

Four Chicago Transit Authority workers have been fired following last month's derailment on the Green Line at the 59th Street junction, according to a report Tuesday on [abclocal.go.com](#). The employees were suspended after the derailment, the report stated.

For more CTA news, go to [redeyechicago.com/goingpublic](#).

# Suspect in slaying denied bail

### Chicago Tribune

A former convict who worked odd jobs for a 62-year-old neighbor was denied bail Tuesday on charges he stabbed her to death and then sold her possessions to support his drug habit.

At a bond hearing, authorities said Vincent Williams, 43, of the 11000 block of South Lowe Avenue, entered the home of Joyce Fulgium between Dec. 28 and Jan. 2 and stabbed her in the neck and face.

Williams stole Fulgium's Jeep Wrangler and returned to the house more than once to steal TV sets, a computer and jewelry, Assistant State's Atty. George Canellis said. "The defendant proceeded to sell these items in order to purchase drugs," Canellis said in court.

Witnesses saw Williams inside Fulgium's home or driving her vehicle, while others saw him selling her belongings, authorities said.

Williams has an extensive criminal history, with 15 felony convictions, mostly for burglaries or auto theft, dating to 1987. Most recently, he was sentenced to three years in prison for a 2004 conviction for theft and aggravated possession of a stolen motor vehicle.

## Peterson lawyers want public out of case hearing

### Chicago Tribune

Drew Peterson's attorneys want the public barred from a hearing later this month where prosecutors are expected to lay out much of the case against the former Bolingbrook police sergeant charged with killing his third wife.

A motion filed Monday by Joliet attorney George Lenard, argues that media coverage of the hearing "will likely result" in jurors forming opinions of their client's guilt or innocence before trial.

At the Jan. 19 hearing before Judge Stephen White, prosecutors will attempt to show "by the preponderance of the evidence" that Peterson drowned third wife Kathleen Savio. If they succeed, White could admit certain hearsay statements during an actual trial under a state law enacted last year. Attorneys have said the hearing could last two weeks.

In August, White warned the pool of about 240 jurors to avoid media coverage of the case. Peterson's attorneys had filed a motion a month before, which White denied, seeking to have the trial moved due to the "vast amount of pre-trial publicity."

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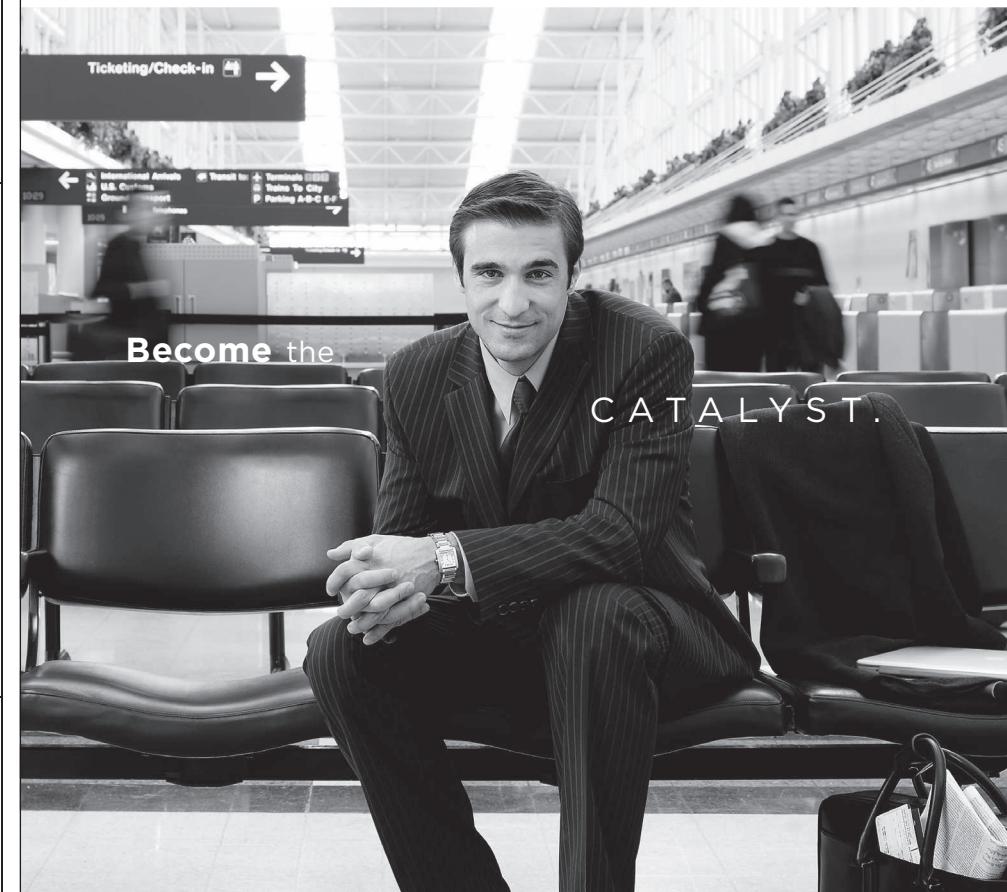
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AP

**Somalia aid halted**

**1** The U.N. food agency on Tuesday suspended the distribution of desperately needed aid in southern Somalia because of attacks on its staff, a decision affecting up to 1 million people that highlights the dangers of humanitarian work there.

**Security test fails**

**2** A Slovak man unwittingly carried hidden explosives on board a weekend flight to Dublin after a Slovakian airport-security test went awry, Irish officials announced Tuesday.

**Pilot pleads guilty**

**3** A United Airlines pilot who was pulled from his trans-Atlantic flight from London's Heathrow Airport to Chicago shortly before takeoff pleaded guilty Tuesday to being above the legal alcohol limit for flying a plane.

**Double agent wanted death**

**4** The suspected Jordanian double agent who killed eight people on a CIA base in Afghanistan wanted to die in a holy war, and wrote fiery Internet articles calling for jihad against the U.S. and Israel, family and friends said Tuesday.

**Power of forgiveness**

**5** An Idaho man who pleaded guilty to setting his co-worker on fire in July has been sentenced to five years of probation after the victim forgave him.

**Cadbury deal sours**

The battle for British candy maker Cadbury was thrown further into doubt Tuesday when a major Kraft Foods shareholder voted not to endorse the U.S. company's hostile takeover bid, even as Kraft, which is based in the Chicago area, sweetened its offer with more cash.

**THE DIGIT****\$177,000**

A giant bluefin tuna fetched 16.3 million yen (\$177,000) in an auction Tuesday at the world's largest wholesale fish market in Japan.

# Obama: Intelligence lapses unacceptable

**6** WASHINGTON President Obama asserted Tuesday that the U.S. government had enough information to foil the attempted bombing on a Christmas Day flight but intelligence agencies "failed to connect the dots."

Obama called that unacceptable and said, "I will not tolerate it." The accused attacker, a Nigerian man who claimed ties to al-Qaida, was subdued by other passengers and airline crew members after he allegedly attempted to detonate explosives hidden under his clothes.

The president, speaking after meeting with his Cabinet and national security team, declared, "We have to do better and we will do better. And we will do it quickly."

Obama also said he was suspending the transfer of Guantanamo detainees from Yemen. The Christmas attack has raised concerns about Yemen, because the Nigerian man has claimed to have been acting on instructions from al-Qaida operatives in that country.

**ANALYSIS BREAKDOWN**

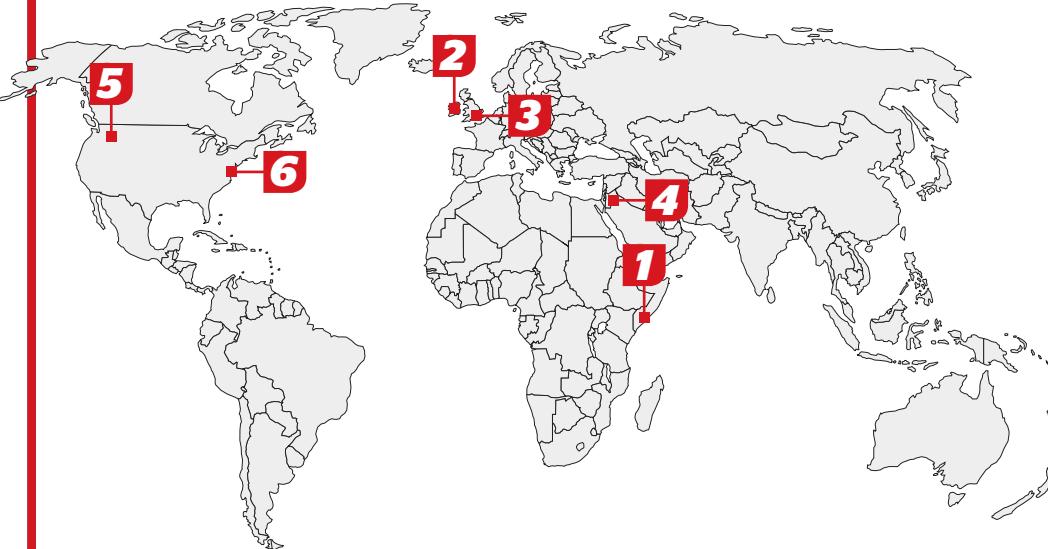
President Obama said the Christmas Day security lapse didn't have to do with the collection of information but with the failure to integrate and analyze what was there. The bottom line, he said, was that the government had "sufficient information to uncover this plot and potentially disrupt the Christmas Day attack."

Nearly half of the 198 detainees held at Guantanamo are from Yemen. But Obama reiterated his vow to eventually close the prison camp in Cuba.

Obama said the foiled attack exposed "a potentially disastrous" security failure.

He spoke after a White House meeting with the high-ranking government officials charged with carrying out two reviews he has ordered.

Obama spelled out recent changes in security protocols for airline flights and changes to the government's watch list of suspected terrorists.



## Cold snap threatens Southern crops

Bitter cold and snow sweeping into the eastern U.S. left part of New England under record snowfall and hit Southerners with subfreezing temperatures that farmers fear could destroy strawberries and other crops.

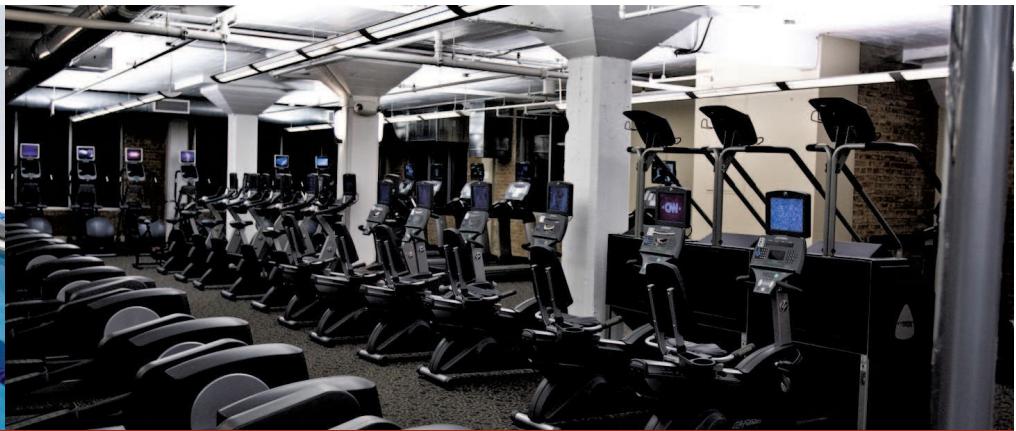
Four deaths were blamed on the cold in Tennessee. The deep freeze was expected to last for at least the rest of the week. The National Weather Service said the mercury could fall below zero in St. Louis later this week for the first time since 1999.

The duration of the cold snap is unusual,

especially in the South, where the weather is typically chilly for just a day or two before temperatures rebound into the 50s.

Waves of Arctic air pushed into central Mississippi, Alabama and the Florida Panhandle, where farmers were scrambling to save strawberries and tomatoes as temperatures dipped into the 20s and wind chills into the teens.

Hard freeze warnings covered the region Tuesday, according to the National Weather Service.



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# sports

# TOUGH LOVIE

## KNEE-JERK REACTION

Just like the rest of the world, when RedEye staffers hear the news, we have our opinions—serious or not-so-serious. Here is some of the reaction to the news that Lovie Smith is returning:



**Brian Moore**

[twitter.com/redeyesports](http://twitter.com/redeyesports)

The coaching changes don't go far enough, and it's hard to expect much improvement next season without a first- or second-round draft pick.



**Phillip Thompson**

[pthompson@tribune.com](mailto:pthompson@tribune.com)

I saw Ron Turner's firing coming from a mile away ... much like one of his running plays.



**Leo Ebersole**

[twitter.com/sharkvshyena](http://twitter.com/sharkvshyena)

The Bears need a more dynamic offense, no doubt. But they also need an air-tight game manager. It's up to Lovie to shape up in that respect.

## SMITH SURVIVES POSTSEASON PURGE, BUT CEO SAYS STATUS QUO IS UNACCEPTABLE

### Chicago Tribune

As Virginia McCaskey looked on from the balcony above the Halas Hall auditorium Tuesday afternoon, the three Bears came to the podium one-by-one.

Team President Ted Phillips apologized to fans and said the status quo after three non-playoff years had to go. General manager Jerry Angelo was humbled and appeared worn down by the losing season, saying in retrospect there isn't anything he would have done differently. Finally, a defiant coach Lovie Smith appeared almost peeved at times that he had to discuss why he was being brought back for a seventh season.

Phillips announced he was bringing the two back because he believes they can create the surest path to success for the organization, a blow to the portion of the fan base that was seeking a total restructuring. The hourlong news conference cast the Bears into an offseason of change as Smith will search for offensive and defensive coordinators after he fired Ron Turner and five offensive assistants, and removed himself as defensive coordinator. The question is whether the changes will put the organization back on a winning path or if the roster and coaching style in place will lead to a complete upheaval at this time next year.

"We know it's a bottom line business, and we're not asking for patience," Phillips said. "What we are committed to is putting a winning team together in 2010. That's our goal. I know some may disagree, but I believe that the fastest way to



BRIAN CASSELLA/Tribune Photo

improve is to keep the continuity that we've had with both Jerry and Lovie."

Smith is owed \$11 million on the final two years of his contract and Phillips said the club had the wherewithal to do what was needed. He added money wasn't part of the equation when the coach and Angelo embraced the ideas of change in a meeting that took place Monday.

So, the Bears are looking for someone to build an offense around quarterback Jay Cutler, something Angelo called the "biggest decision that we've had to make since I've been here other than hiring the head coach." As expected, Mike Martz is interested in the job. Jeremy Bates, who worked with Cutler in Denver, will have his name mentioned.

Charlie Weis is believed to be interested, but it's worth noting the Bears didn't consider him for the head-coaching vacancy in 2004. Perry Fewell, the defensive backs coach in 2005, is considered a top candidate to be defensive coordinator.

The Bears are 23-25 over the past three seasons and were blown out in four games this season. But Phillips views it as a quick-fix project and if he was consistent in one thing, it's that he expects the Bears to win in 2010.

"We need better players. We need to do a better job drafting. We need to do a better job in personnel acquisition. And we need to do a better job coaching, and we'll do that," Phillips said. "That will get done, I'm confident."

## BEARS DOWN

HERE ARE THE COACHES WHO WERE FIRED TUESDAY DURING SMITH'S TENURE.  
17 ASSISTANT COACHES HAVE EITHER LEFT OR BEEN LET GO BEFORE TUESDAY.



**Ron Turner**  
*offensive coordinator*



**Harry Hiestand**  
*offensive line coach*



**Luke Butkus**  
*offensive line assistant coach*



**Rob Boras**  
*tight ends coach*



**Charles London**  
*wide receivers assistant coach*



**Pep Hamilton**  
*quarterbacks coach*

# Online offensive

RedEye took the pulse of Bears nation by asking Twitter followers and Facebook fans if they thought the Bears went far enough in their coaching changes and if the moves give them hope for next season. Here are some of the responses. COMPILED BY SCOTT KLEINBERG



**fan stands**

redeyesports  
@tribune.com

Readers step on their soapbox about the state of Chicago sports. You can join them online at [twitter.com/redeyechicago](http://twitter.com/redeyechicago), [twitter.com/redeyesports](http://twitter.com/redeyesports), [facebook.com/TheRedEye](http://facebook.com/TheRedEye), via e-mail to [redeyesports@tribune.com](mailto:redeyesports@tribune.com) or on ChicagoNow at [chicagonow.com/redeye](http://chicagonow.com/redeye).

## FACEBOOK

The moves give me hope if they bring in an offensive coordinator like Mike Martz and Jay's old QB coach from Denver as well.

—Nate Pave

Ron Turner (a.k.a. Mr. Predictable) was the biggest problem and needed to go last season. However, the real issue is the owners, and I don't know how to fire them ... yet.

—Adam Elden

Yes. It gives me hopes that I can apply to be one of their coaches, mess up a bunch of stuff, yet still get paid big time money. —Jen Smith

I'm okay with Lovie Smith staying as head coach but I was hoping to see Jerry Angelo go.

—Karin Kg Gordon

## TWITTER

@GourmetLawyer: Lovie needs to be gone. He's the leader of a team that lacked motivation all season. He should be accountable.

@brandi\_w60: No it does not give me hope, but then again I am a Packers fan!

@KevinHartmann: Lovie should have gone too. One of the highest paid coaches in the NFL and all we get is 7-9? That's not good enough.

@jamfish728: It gives me some, as the overall offense was bad ... and you can't blame just the quarterback for it.

@heycoop: Not nearly far enough! Turner had to go, but he's the baby—Lovie's the bath water. Drain the tub, McCaskeys!

@JCapp1538: No way. The Bears entire scheme needs to change and they just put a Band-Aid on the wound. Bears do no better than 8-8 next year.

# SAY WHAT?

A lot of people had to say before, during and after the Bears news conference Tuesday. But what did all those talking heads really mean. Time for the RedEye translator.

## President and CEO Ted Phillips

**What he said:**

"We expect to win now; this is not a long-term project in our eyes."

**What he meant:** "We better make the playoffs and make some noise next season, or I'll be here again announcing Lovie Smith's firing."

## General manager Jerry Angelo

**What he said:** "Maybe I didn't do as good a job in evaluating our team."

**What he meant:** "I definitely didn't do as good a job in evaluating our team."

## Owner Virginia McCaskey

**What she said:** "Despite the disappointment, our fans' support has been tremendous. We are thankful to Bears fans for their passion and are committed to bringing them a winner."

**What she meant:** "Please keep buying tickets so we can keep this business—I mean team—afloat."

## Coach Lovie Smith

**What he said:**

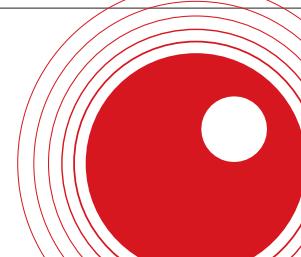
"I'm excited to be remaining in my position as head football coach of the Chicago Bears."

**What he meant:** "I can't believe I actually survived this season."

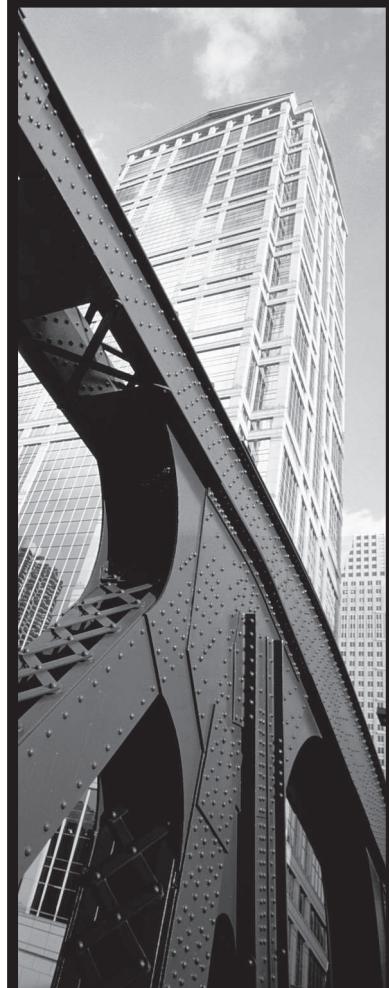


## Bear not down

Our ChicagoNow followers chipped in to help us break down the Lovie Smith-Bears announcement. You can too at [redeyechicago.com/5on5](http://redeyechicago.com/5on5).



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<b>1</b> Why did the Bears decide to bring Lovie Smith back as coach?	For the headlines. "Lovie conquers all," "Lovie handles," "Capitalism: A Lovie Story."	They're playing for the Summer of LeBron.	They still can't talk Ditka out of his cushy broadcast gig.	The question is, "Why did the Bears decide to bring Jerry Angelo back?"	Because Jim Zorn just took an assistant manager's job at Wendy's. — <b>Lantro</b>
<b>2</b> What is life going to be like now that the Bears are done?	Well, the Bears were my midlife crisis. I went through some bad fandropause.	Busy. It'll give them time to look for a franchise quarterback.	The same considering the Bears were pretty much done two months ago.	A breath of fresh air.	We can now enjoy the disappointment of the Bulls' season and Cubs offseason — <b>thwipp89</b>
<b>3</b> What is the best thing about the Blackhawks being tops in the NHL?	I'm not sure. In Chicago sports, bottom's up.	They get franking privileges.	There's finally something positive about it being winter in Chicago.	Bragging rights and a winning Chicago sports team.	It allows us to pretend we really didn't wish it was the Cubs instead. — <b>Eddie</b>
<b>4</b> Why is the GMAC Bowl (Central Mich. vs. Troy) one of the last bowls to be played?	No GMAC, we don't have to call it a "bailout." We'll call it a "bowl-out."	It was nearly canceled, but was bailed out at the last second.	Did they just make up this bowl last week, maybe? Never heard of it.	Cause no one cares.	The losing team has to live in Detroit forever, makes it sexy. — <b>Kevin Boehm</b>
<b>5</b> When is it appropriate to joke with guns in a locker room?	When you're Plaxico Burress trying to scalp two tickets to the gun show.	When your teammate references an obscure Congressional right.	Only if the gun shoots Nerf darts or is attached to a Nintendo Wii.	When you're pointing to which way the beach is.	I think that question is more appropriately addressed to Tank Williams. — <b>Walker Lawrence</b>



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John Madden celebrates his goal in the Blackhawks' 4-1 win over Minnesota. NUCCIO DINUZZO / TRIBUNE PHOTO

**BLACKHAWKS 4, MINNESOTA 1**

# HAWKS GO WILD

Marian Hossa scored two goals for the second straight game as the surging Blackhawks won their fourth straight and took over the NHL points lead by beating the Minnesota Wild 4-1 on Tuesday night.

The Blackhawks (30-10-3) have 63 points, two more than Eastern Conference-leading New Jersey and San Jose.

Cristobal Huet made 19 saves as the Blackhawks

improved their home record to a league-best 20-4-1.

Patrick Kane extended his scoring streak to nine games with a power-play goal early in the third that made it 3-1, and Hossa finished the scoring by following in his own rebound from the crease. Minnesota's Guillaume Latendresse opened the scoring, and the Blackhawks' John Madden also had a goal in the first period.



Wolves star Chris Chelios was arrested Dec. 28 for speeding and driving under the influence, Westmont police said. According to police, Chelios was driving a pickup east on Ogden Avenue in Westmont when he was stopped. He was released on bond.

» Orange Bowl: Iowa 24, Georgia Tech 14  
» Milwaukee 83, SIU-Edwardsville 73

» Illinois 59, Iowa 42  
» DePaul at No. 6 Villanova, 7 p.m. Wednesday

## shortstops



### watch dog

**WHIZZER**  
redeyesports  
@tribune.com

If I did a crappy job—OK, crappier—writing this column, would RedEye keep me? Working for the Bears must be nice. Here now, my TV picks.



**GMAC BOWL**  
**Central Michigan vs. Troy**  
6 p.m. ESPN

If this game were played in the Bronze Age, Troy would totally kick butt.



**COLLEGE  
BASKETBALL**  
**Ohio St. vs. Indiana**  
7:30 p.m.  
Big Ten Network

I prefer to think of the Hoosiers as underdogs, not losers. Even though they rhyme.



**NBA**  
**L.A. Lakers at L.A. Clippers**  
9:30 p.m. ESPN

The L.A. civil war resumes. Now, if only the city would try to secede from the union.

## The National Championship Game!



### TEXAS vs. ALABAMA

Thursday, January 7th @ 7pm  
Doors open at 3pm

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**\$2.50 Giant Pretzels**  
**\$7 Nacho Trays**

### Cowboys Watch Party



**DALLAS vs. PHILADELPHIA**  
Saturday, January 9th @ 7pm

**Miller Lite, Shiner Bock & Dos Equis Stadium Cups**  
**\$5 Texas Queso**  
**\$5 Pulled Pork Sandwich with Fries**

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# metromix fm

## Swine of the times

**New Mag Mile spot the Purple Pig covers your pork desires—and beyond**

**By M. Kathleen Pratt**

Jimmy Bannos Sr. (*Heaven on Seven*), his son Jimmy Jr., and Scott Harris (*Mia Francesca*) couldn't have picked a better location for the Purple Pig, their week-old Mediterranean spot. It's smack-dab in the middle of the Mag Mile. Here, amid the excesses of Michigan Avenue, they serve up a relaxed, free-flowing orgy of small plates highlighting Mediterranean flavors. Where better to give in to your desires?

**FIRST LOOK**  
**The Purple Pig**  
 500 N. Michigan Ave.  
 312-464-1744

But first you need to find the place—and that's not as easy as it sounds. To get there, enter from Michigan Avenue and head past the security desk and down the corridor to the left. At the end of the hallway, there's a wooden door that looks out of place in the generic lobby. That's your portal to a wonderland of pork.

Behind the door lies a perfect right angle of a dining room, a homey, 70-seat space dominated by three high-top communal tables that hint at the sharable nature of the sprawling menu. Traditional tables are tucked along one wall, away from the action, which revolves around the marble bar and open kitchen. None-too-subtle references to executive chef Jimmy Jr.'s menu inspirations are everywhere. Wine barrels hang on one wall and ceramic pigs guard the bar at strategic points.

In case you somehow miss the theme, a tagline spells it out for you: "Cheese, swine & wine." The restaurant delivers on the promise, but the succinct subtitle doesn't do the whole menu justice. In addition to affordable wines (see Purple Pig essentials) and an extensive selection

## Purple Pig essentials



**Average dinner for two:** \$60-\$80

**Hours:** 5 p.m.-midnight Sunday-Thursday, 5 p.m.-2 a.m. Friday-Saturday (kitchen open until 1 a.m.)

**Reservations:** Not accepted

**Still to come:** Lunch (next week); outdoor seating (spring)

**Must-order:** pork fat-fried almonds (\$4), olive-oil poached tuna (\$6), pork neck bone rillettes, octopus with acini de pepe (right), pork shoulder (prices in story)

**Drinks:** Affordable all-European wine list emphasizing regions in Italy, France, Spain and Greece, with more than 50 bottles under \$40, all available by the half bottle, quartino or glass. Food-friendly European beers, including Italian and Greek selections.



**The Purple Pig**  
 BARRY BRECHEISEN  
 FOR METROMIX

of cheeses and cured meats, there are also antipasti, salads, "smears" (spreadable snacks) and entire menu sections dedicated to things fried and things grilled—not all of them pork-related.

That said, nearly every edible part of the pig gets its moment—you could very well eat your way, quite literally, through almost an entire hog, the sort of snout-to-tail journey you might expect from Mado, the Bristol or the Publican. You'd start with the lingua agrodolce (cured pig's tongue poached in red wine vinegar, salt and sugar for a sweet and sour effect) and end with balsamic-braised pig's tails. Along the way you could add pig's ear (thinly sliced and fried, with fried kale and pickled Calabrian peppers with fried egg), neckbone (in gravy form, over fluffy ricotta), liver (in pate form) or any number of other delicacies.

If tails, ears and other extremities don't appeal, you'd do well to order the milk-braised pork shoulder (\$9), a tender hunk of meat smothered in rich pork gravy, and a couple of those spreadable smears (\$5-\$6). We sampled a generous pot of pork neck bone rillettes accompanied by sweet fig mostarda, as well as roasted marrow bones that arrived with a salad of fresh parsley, chervil and cilantro strung with shaved onion and dotted with capers. Both came with tiny dishes of salt that allowed us to season each bite to taste—a nice touch.

As much attention as the namesake swine gets, this is not a one-man (one pig?) show. There are veggie antipasti such as citrus-kissed rapini and broccolini with creamy whipped ricotta (\$5) and smears like eggplant caponata with goat cheese, plus lots of Mediterranean seafood. In fact, one of the best dishes we tried came from the sea: brilliantly grilled octopus over acini de pepe (little pasta beads) tossed with Swiss chard (\$8) and playfully presented in a pig-shaped dish, as if to remind you who's really in charge.

Not that the pig really has anything to worry about. Purple Octopus just doesn't have the same ring to it.

M. KATHLEEN PRATT IS THE METROMIX DINING PRODUCER. KPRATT@TRIBUNE.COM

## best bets

By Rebecca Palmore  
 kpalmore@tribune.com

**wed 6**  
**Comedians You Should Know**

Timothy O'Toole's,  
 622 N. Fairbanks Court  
 312-642-0700

A night of free stand-up comedy marks the show's new weekly gig in Streeterville. Prices increase to \$5 starting Jan. 13. Mike Lebovitz hosts. 9 p.m.

**Connect Wednesday**

Salud Tequila Lounge, 1471 N.  
 Milwaukee Ave. 773-235-5577

Network with other professionals in five-minute intervals at this fashion-minded event. Includes half-price appetizers, a cocktail reception and fashion show. 7 p.m. No cover.

**thu 7**  
**'Trust Us, This Is All Made Up'**

Mullen's on Clark,  
 3527 N. Clark St.

See Alex Karpovsky's new documentary film about improv starring local duo TJ Jagodowski and David Pasquesi (aka TJ & Dave). Includes a Q&A session with Pasquesi and one drink. 8:30 p.m. \$10. 312-787-8248.

**Fortune Hour**

Big Bowl, 60 E. Ohio St.  
 312-951-1888

Gaze into the future with the help of fortunetellers at this themed monthly party. We see free appetizers, \$2 Tiger beers and \$5 cocktails in your future. 4:30-6:30 p.m.

**fri 8**  
**Nickel Sale**

City Soles/Niche,  
 2001 W. North Ave.  
 773-489-2001

Shop anytime during this 12-hour sale and, with the purchase of one pair of shoes at full price, you get a second pair for just 5 cents. 10 a.m.-10 p.m.

**'Killer Joe'**

Profiles Theatre, 4147 N. Broadway.  
 773-549-1815

Steppenwolf ensemble member Rick Snyder directs the first play by Pulitzer and Tony Award-winning playwright Tracy Letts. The dark drama about greed and murder begins previews Friday. 8 p.m. Through Feb. 28. \$15 previews; \$25-\$35 regular run.

## DINING DEALS THROUGH SUNDAY

### 312 CHICAGO

5-10 p.m. Wed.-Sun.: \$30 three-course dinner; 11 a.m.-2 p.m. Wed.-Fri.: \$25 three-course lunch; 136 N. La Salle St. 312-696-2420.

### BIN WINE CAFE

Sun.: Half-price bottles of wine; 1559 N. Milwaukee Ave. 773-486-2233.

### BLUE 13

7 p.m. Sun.: \$20 family-style supper. Menu changes weekly. Includes a chicken, pork, beef, lamb or fish entree, plus sides, a salad and baked dessert; 416 W. Ontario St. 312-787-1400.

### BUONA TERRA

5-10 p.m. Thu.: \$21.95 three-course dinner; 2535 N. California Ave. 773-289-3800.

### CUATRO

Wed.: \$5 capirinhas, \$7 house margaritas, half-price empanadas, half-price bottles of

wine with entree purchase; 5-7 p.m. Wed.-Thu.: \$20-\$30 three-course dinners (vegetarian option available); 5-7 p.m. Fri.: Half-price select appetizers (in bar area only); Sun.: Half-price glasses of sangria; 2030 S. Wabash Ave. 312-842-8856.

### DELEEC

Wed.: Half-price bottles of wine; 4004 N. Southport Ave. 773-325-1710.

### EVE

5-7 p.m. Wed.-Thu., Sun.: \$29 three-course dinner; Wed.: BYOB night. No corkage fee; 10 a.m.-3 p.m. Sat.-Sun.: Bubbles and Brunch. \$20 for entree and mimosas; 840 N. Wabash Ave. 312-266-3383.

### FEAST

Wed.: \$25 prix-fixe menu with one glass of wine; 1616 N. Damen Ave. 773-772-7100.

### FONTANA GRILL

Wed.-Thu., Sun.: Buy one pizza, get the second half-price; 1329 W. Wilson Ave. 773-561-0400.

### FRASCA PIZZERIA AND WINE BAR

Thu.: \$6 martinis; Sun.: \$3 draft beers; 3358 N. Paulina St. 773-248-5222.

### GAYLORD INDIA RESTAURANT

5-7 p.m. Wed.-Sun.: Free appetizers in bar with drink purchase; 100 E. Walton St. 312-664-1700.

### GLENN'S DINER

3-9 p.m. Wed.: \$16.95 all-you-can-eat baby back ribs; 11 a.m.-5 p.m. Wed.-Sat.: \$13.95 fish special. Includes a half-pound of fresh fish (lineup of choices changes daily) with potato, vegetable, soup and salad; 3-9 p.m. Thu.: \$16.95 all-you-can-eat peel-and-eat shrimp. Choose from spicy or garlic. Includes cole slaw, parmesan corn

on the cob and roasted red potatoes; 1820 W. Montrose Ave. 773-506-1720.

### HUB 51

3-6 p.m. Wed.-Sun.: Half-price sushi; 51 W. Hubbard St. 312-828-0051.

### KLAY OVEN

Wed.-Sun.: \$39 prix-fixe dinner for two. Includes choice of soup, appetizer, entree and dessert; 414 N. Orleans St. 312-527-3999.

### LA PETITE FOLIE

5-6:30 p.m. Wed.-Sun.: \$32 three-course menu; 1504 E. 55th St. 773-493-1394.

### LAS TABLAS

Wed.: Half-price glasses and pitchers of sangria, no corkage fee; Thu.: \$5 mojitos; 11 a.m.-3 p.m. Sun.: \$10.95 all-you-can-eat Columbian brunch buffet; 2942 N. Lincoln Ave. 773-871-2414.

### LE PETIT PARIS

5-7:30 p.m. Wed.: \$28 three-course dinner; Thu.: Half-price bottles of wine; 260 E. Chestnut St. 312-787-8260.

### MARIGOLD INDIAN RESTAURANT

Wed.: \$15 select bottles of wine; Thu.: \$6 select cocktails; 4832 N. Broadway. 773-293-4653.

### MERCADITO

10 p.m. Wed.-Thu., 11 p.m. Fri.-Sat., 10 p.m. Sun.: Taquiza Time. \$23 all-you-can-eat tacos. Also available Monday-Tuesday; 108 W. Kinzie St. 312-329-9555.

### NINE

Wed.-Sat.: \$39 three-course pre-theater dinner menu; Wed.-Fri.: \$9 bar bites small plates; 440 W. Randolph St. 312-575-9900.

### OLD TOWN BRASSERIE

Wed.: \$19 bouillabaisse; 4-7 p.m. Wed.-Sun.: \$4-\$8 mini-appetizers in the bar; Wed.: \$75 five-course dinner with wine pairings; Thu.: \$25



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FILE FOR METROMIX

three-course dinner.

Jefferson St. 312-669-9900.

252-1558.

### SUNDA

5-7 p.m. Wed.-Fri.: Sunda Social. Half-price select appetizers, \$20 sushi and sake pairing; 110 W. Illinois St. 312-644-0500.

**TOCCO**  
Wed.: \$25 three-course dinner; 1266 N. Milwaukee Ave. 773-687-8895.

### TAXIM

Wed.-Thu., Sun.: \$10 wine flights; 1558 N. Milwaukee Ave. 773-

**WILDFIRE**  
Wed.-Fri.: \$7 select cocktails, half-price appetizers in the lounge (5-6:30 p.m.); 159 W. Erie St. 312-787-9000.



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## RANDOM ACTS OF GREATNESS

5 things we're loving this week

**1 Private party rooms** at Lincoln Karaoke (5526 N. Lincoln Ave.). They bring a house-party vibe to a group outing, with obvious bonus points: No cleanup! Cash bar! Rooms accommodate up to 25 people and range from \$30 to \$40 per hour.

**2 The grilled squid appetizer** at cozy Lakeview BYOB TAC Quick Thai Kitchen (3930 N. Sheridan Road). This tender and flavorful starter with a spicy chili-garlic sauce is super-affordable too (\$6.50).

**3 Braised rabbit legs** (\$12) at Branch 27 (1371 W. Chicago Ave.), served atop a hunk of moist cornbread and garnished with tart and crunchy pickled carrots.

**4 Big Hugs**, the first imperial stout from Half Acre Beer Company, perked up with an extraction of Dark Matter coffee from Star Lounge Coffee Co. Pick up a 22-ounce bottle (\$10.99) at the brewery and store (4257 N. Lincoln Ave.). Next up from Half Acre: The Empty Sea, an orange chicory rye beer, available only at the brewery by the end of the week.

**5 Just-spicy-enough jambalaya** (\$10.95) at new West Loop pub New Line Tavern (201 N. Clinton St.). On special through Tuesday, this hearty meal is sure to warm you up on a chilly night in a bar that beckons after-work lounging.

Branch 27  
FILE FOR METROMIX

**Join the randomness!**  
What are you loving this week? Log onto [metromix.com](http://metromix.com) to send us your own Random Acts of Greatness. You might just spot your pick in a future issue.

**► WEDNESDAY DEALS**

<b>ABERDEEN</b> 35 cent wings, \$3 house cocktails, \$15 Heineken and Amstel Light buckets; 1856 W. North Ave. 773-772-5500.	<b>CANS BAR</b> 8 p.m.: Dirty Bingo. The popular board game gets a raunchy reworking at this monthly bash. The \$10 cover buys players 10 Bingo boards and one drink (each additional board costs \$1; every \$10 board comes with a drink). Includes prizes from the Pleasure Chest. \$10; 1640 N. Damen Ave. 773-227-2277.	<b>INNJOY</b> \$1 off glasses of wine, \$2 mixed drinks, \$4 Sam Adams drafts, \$5 Smirnoff martinis, half-price large pizzas; 2051 W. Division St. 773-394-2066.
<b>BECKETT'S</b> Half-price bottles of wine, \$4 Carlsberg drafts; 3210 N. Lincoln Ave. 773-880-9620.	<b>FAITH &amp; WHISKEY</b> \$3 Jim Beam Red Stag shots and well cocktails, \$6 40-ounce Colt 45, Miller Lite and Miller High Life bottles, DJ White Shadow spins 9:30 p.m.; 1365 W. Fullerton Ave. 773-248-9119.	<b>THE KERRYMAN</b> \$2 Blue Moon and Stella drafts, \$3 Jameson shots, \$4 Ketel One and Captain Morgan cocktails; 661 N. Clark St. 312-335-8121.
<b>THE BEER BISTRO</b> \$2 select cans, \$4 draft of the month; 1061 W. Madison St. 312-433-0013.	<b>LASALLE POWER CO.</b> \$3 well drinks and drafts; 500 N. La Salle St. 312-661-1122.	<b>LINCOLN STATION</b> \$3 Bell's seasonal pints, half-price glasses of wine, \$3.50 draft of the month; 2432 N. Lincoln Ave. 773-472-8100.
<b>BETTY'S BLUE STAR LOUNGE</b> \$3 Miller Lite bottles, \$4 bombs, well cocktails and Coronas; 1600 W. Grand Ave. 312-243-1699.	<b>FIVE STAR BAR</b> 25 cent jumbo wings, \$2.50 Tecate cans; 1424 W. Chicago Ave. 312-850-2555.	<b>LIZARD'S LIQUID LOUNGE</b> \$5 martinis; 3058 W. Irving Park Rd. 773-463-7599.
<b>BUTTERFLY SOCIAL CLUB</b> Butterfly Theater. Free movies, pizza and popcorn 9 p.m.-2 a.m. No cover; 722 W. Grand Ave. 312-666-1695.	<b>GRAND RIVER</b> \$1.50 mini-burgers and mini-chicken sandwiches, \$4 drafts, \$5 glasses of wine; 3032 N. Lincoln Ave. 773-281-9900.	<b>MATILDA</b> \$5 glasses of wine, \$10 cheese plates; 3101 N. Sheffield Ave. 773-883-4400.
<b>THE CALL</b> \$3 off specialty martinis and cosmos; 1547 W. Bryn Mawr Ave. 773-334-2525.	<b>HOLIDAY CLUB</b> \$1 off Jameson cocktails, \$3.50 Coors Light bottles, \$5 meatloaf dinner (6-10 p.m.); 4000 N. Sheridan Rd. 773-348-9600.	<b>&gt;&gt;&gt; page 20</b>

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**1-20** *BOUNDED BY THE ROAD TOUR FEAT. DevilDriver*  
Suffocation, Goatwhore, Thy Will Be Done - All Ages

**1-21** *The Expendables*  
Iration, Passafire, Pour Habit, Roots Down Below - 17+

**1-22** *Super Diamond*  
17+

**1-23** *Between The Buried And Me*  
Cynic, Devin Townsend, Scale The Summit - All Ages

**1-24** *Timbaland - LATE SHOW PRESENTS SHOCK VALUE II TOUR*  
17+

**1-25** *Syesha Mercado*  
All Ages

**1-26** *Behemoth*  
Septicflesh, Lightning Swords of Death, Kommandant - All Ages

**1-27** *Everclear*  
Clayton Senne, Edison - 17+

**1-28** *TAKE ACTION TOUR 2010 FEAT. We The Kings*  
Mayday Parade, A Rocket To The Moon, There for Tomorrow - All Ages

**1-29** *Arch Enemy*  
Exodus, Arsis, Mutiny Within  
All Ages

**1-30** *Howie Day*  
Serena Ryder - All Ages

**2-2** *Utada*  
DJ Mike Rizzo - 17+

**2-4** *Rebelution*  
Soja, Zion-I - 17+

**2-5** *PLATFORM ONE ENTERTAINMENT PRESENTS Gov't Mule*  
Jackie Greene - 21+

**2-6** *Cowboy Mouth*  
Junior Brown - 17+

**2-12** *Great White*  
Rev Luv - 21+

**2-13** *The Lovehammers*  
All Ages

**2-15** *Killswitch Engage*  
The Devil Wears Prada, Dark Tranquility  
All Ages

**2-20** *Badfish*  
All Ages

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SATURDAY, JANUARY 16 17+

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WITH SPECIAL GUESTS:  
**HALESTORM**  
AND:  
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**JANUARY 19** **Q101** ALL AGES!

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**TONIGHT! 1/6**

**THE STEEPWATER BAND FEATURING MARC FORD**  
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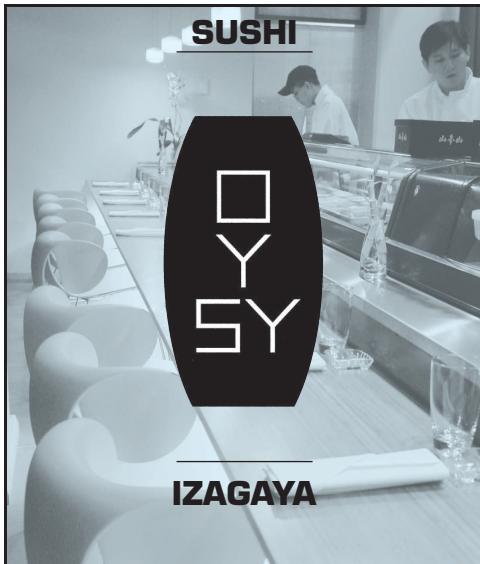
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## NIGHTCRAWLERS

Photos of who we've seen on the scene

**Toasting 2010**

Where were you when the ball dropped last week? Our cameras caught NYE party people at South Loop club The Shrine, Crimson Lounge in River North and the Metromix and RedEye-hosted bash at downtown tavern Sweetwater. Head to [metromix.com](http://metromix.com) for more hot photos from these parties.

METROMIX PHOTOS BY VINCENT D. JOHNSON AND MEGAN BEARDER

**»» page 18****MOONSHINE**

\$3 Blue Moon drafts,  
\$10 Blue Moon pitchers;  
1824 W. Division St. 773-862-8686.

**MORSELAND**

\$3 Bell's pints, DJ Lokua spins 10 p.m.; 1218 W. Morse Ave. 773-764-8900.

**NORTHSIDE BAR AND GRILL**

\$3.50 Point seasonal bottles; 1635 N. Damen Ave. 773-384-3555.

**O'DONOVAN'S**

Half-price select bottles of wine, \$1 off domestic beer bottles, \$5 cherry bombs, \$9.95 pasta dinner (4-10 p.m.). One drink minimum for food specials; 2100 W. Irving Park Rd. 773-478-2100.

**THE ORBIT ROOM**

\$3 well cocktails, \$4 Stella Artois drafts; 2959 N. California Ave. 773-588-8540.

**PHYLLIS' MUSICAL INN**

\$3.50 Moosehead pints, \$4.25 bottle of the month; 1800 W. Division St. 773-486-9862.

**PIECE**

\$4 well drinks; 1927 W. North Ave. 773-772-4422.

**PURPLE OTTER**

50 cent wings, \$2.50 Miller Lite bottles; 2706 N. Ashland Ave. 773-248-3331.

**REBEL**

\$2 burgers and fries, \$12 domestic buckets; 3462 N. Clark St. 773-975-2010.

**SALUD**

Half-price appetizers;  
1471 N. Milwaukee Ave.  
773-235-5577.

**SCARLET**

\$3 Miller Lite bottles, \$4 Svedka flavors cocktails, \$5 select martinis, \$7 Stoli martinis; 3320 N. Halsted St. 773-348-1053.

**SIMONE'S BAR**

Free basket of fries with purchase of large-format beer; 960 W. 18th St. 312-666-8601.

**SOIREE**

\$5 martinis, half-price appetizers; 2438 N. Lincoln Ave. 773-477-8880.

**TANTRUM**

\$5 Don Julio margaritas;  
1023 S. State St. 312-939-9160.

**TUMBAO BAR & GRILL**

Half-price appetizers;  
3213 W. Armitage Ave.  
773-772-9800.

**VAUGHAN'S PUB**

\$2 PBR cans, half-price pizzas; 2917 N. Sheffield Ave. 773-281-8188.

**VILLAINS BAR & GRILL**

\$2 PBR cans, \$4 Two Brothers bottles and drafts; 649 S. Clark St. 312-356-9992.

**WATERHOUSE**

\$4 draft of the month,  
\$4 chocolate martinis;  
3407 N. Paulina St. 773-871-1200.

**WILD PUG**

\$3 Fuller's London Pride drafts, game show night 9 p.m., VJ Bobby Marley 10 p.m.; 4810 N. Broadway. 773-784-4811.

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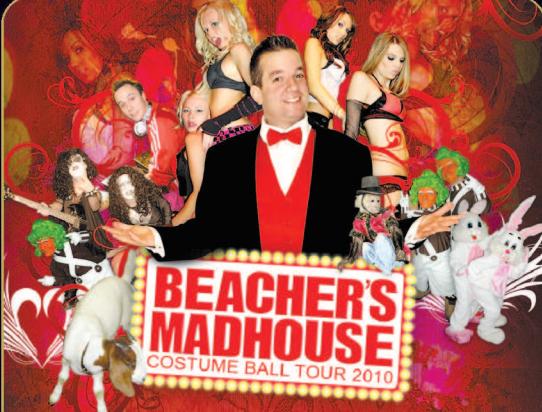
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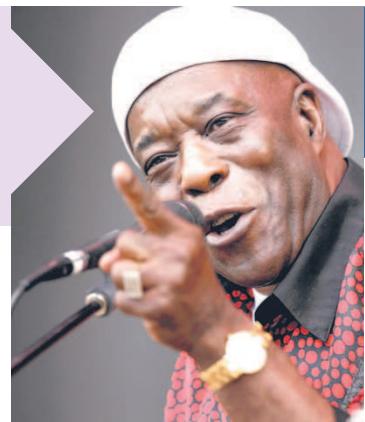
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# music



**Buddy Guy**  
Jan. 7-10, 14-17, 21-24, 27-30 at  
*Buddy Guy's Legends*

The local blues legend plays his annual showcase at his South Loop club.



**Health and Beauty**  
Jan. 7 at *Empty Bottle*

Local minimalism that calms you one minute and scares you the next. Pretty compelling.

**Lady Gaga**  
Jan. 8-10 at *Rosemont Theatre*

We'll never forgive her for the terrible "Paparazzi," but the pop star certainly knows how to put on a show.

**Bailiff**  
Jan. 9 at *Lincoln Hall*

Blues with this much fire just might ignite your hair. This new local band is heavy.

**Treaty of Paris**  
Jan. 9 at *Metro*

Stinks when your label (Airport Tapes & Records) folds, but the pop pleasures of new EP "Currents" (released at this show) indicate the local band has moved on.

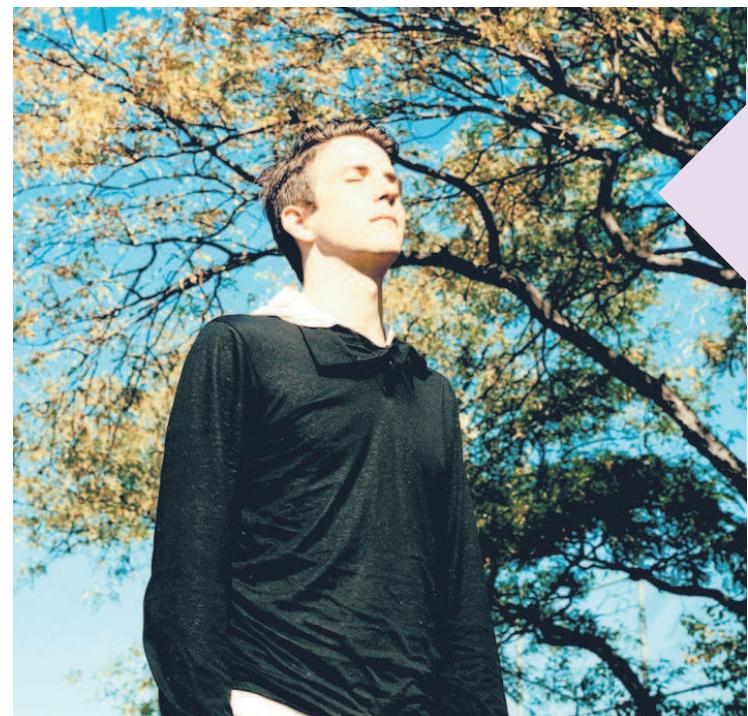
# COLDPLAY

**23 January concerts to shake off the winter chill**

**By Matt Pais**

If you can hear anything through the cocoon of hibernation you build around yourself post-New Year's Eve, you may want some solid concerts to check out. Are there any good ones in the dead of winter? Glad you asked. (Get full event info at [metromix.com](http://metromix.com).)

MATT PAIS IS THE METROMIX MUSIC AND MOVIES PRODUCER. [MPAIS@TRIBUNE.COM](mailto:MPAIS@TRIBUNE.COM)



**Anvil***Jan. 10 at House of Blues*

Canada's no-longer-unknown metal act continues its late ascension to fame thanks to last year's entertaining doc, "Anvil! The Story of Anvil."

**Derek Nelson** *Jan. 13 at Empty Bottle*

A local singer-songwriter who proves there's nothing inherently bland about a dude with a guitar.

**Singing in the Abbey**  
*Jan. 14 at Hideout*

Chicago symphonic outfit releases haunting debut, "Wake Up, Sardis!" Dress warm; you're going to get the chills.

**Surfer Blood***Jan. 14 at Schubas*

Blogs are aflutter over the Florida indie outfit's debut, "Astro Coast," out Jan. 19. Fortunately it lives up to the hype.

**Parachute***Jan. 15 at Subterranean*

Kinda like the Fray and Maroon 5, except not annoying.

**Draft Week***Jan. 16 at Metro*

A release party for "The Sophomore" EP from this local band, which sounds like it planned to create pop punk but ended up with something more soulful and distinctive.

**Owen Pallett***Jan. 16 at Schubas*

Canadian singer-violinist (formerly known as Final Fantasy) plays from challenging new "Heartland."

**Bowerbirds***Jan. 16 at Lincoln Hall*

North Carolina folk act is just about perfect for this time of year.

**Skybox***Jan. 17 at Schubas*

Hear songs from the local indie rockers' fun "Morning After Cuts," out Jan. 19.

**Jookabox***Jan. 17 at Empty Bottle*

Exhilarating strangeness that feels like setting off on vacation with no idea where you're going.

**The Necks***Jan. 19 at Empty Bottle*

Because you're always saying how there aren't enough Australian experimental jazz groups around.

**Cavashawn***Jan. 21 at Lincoln Hall*

Local pop rockers who successfully blend soft vocals with hard-edged guitars.

**Elsinore***Jan. 22 at Schubas*

Champaign indie rockers release "The Chemicals" EP. Just try not to nod along with "Chemicals" or be uplifted by "Body of Water."

**Timbaland***Jan. 24 at House of Blues*

Veteran hit-maker knows how to get a crowd going.

**Doom/Mos Def***Jan. 29 at Congress Theater*

Will masked rapper Doom put some effort into his performance, unlike his set at last year's Pitchfork Fest? Mos Def is more trustworthy, appearing behind last year's "The Ecstatic."

**Nouvelle Vague***Jan. 29 at Lincoln Hall*

Because you've always wanted to hear "Our Lips Are Sealed" and "Blister in the Sun" as performed by a glossy French band. Wait, haven't you?

**Cold War Kids, Alec Ounsworth***Jan. 30 at Vic Theatre*

The California soul-rockers promote new EP, "Behave Yourself," with support from the singer of Clap Your Hands Say Yeah and his other band, Flashy Python.

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FRIDAY  
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## WEDNESDAY CONCERTS

**4 WOMEN ONLY**  
9 p.m. \$10 suggested donation. Uncommon Ground on Devon, 1401 W. Devon Ave. 773-465-9801.

**THE ALAYA CONSCIOUS, BOOTS WITH SPURS**  
8 p.m. \$5-\$8. Bottom Lounge, 1375 W. Lake St. 312-666-6775.

**ALFONSO PONTICELLI AND SWING GITAN**  
9 p.m. \$6. Green Mill, 4802 N. Broadway. 773-878-5552.

**BUTCH WALKER**  
9 p.m. Sold out. Schubas, 3159 N. Southport Ave. 773-525-2508.

**DAME MYRA HESS MEMORIAL CONCERT: YEVGENY KUTIK, TIMOTHY BOZARTH**  
12:15 p.m. Free. Chicago Cultural Center, 78 E. Washington St. 312-744-6630.

**DKV TRIO**  
9:30 p.m. \$10. Hideout, 1354 W. Wabansia Ave.

773-227-4433.

**THE EARTH IS A MAN, THE PLEASE AND THANK YOUS, JUVENECENT BEAT!, PERFECT FUTURE, SWEET TALK, THE NIGHT BRIGADE**  
8 p.m. \$7. Ronny's, 2101 N. California Ave. [mpshows.com](http://mpshows.com)

**FANDANGUERO, SON DEL VIENTO**  
8:30 p.m. \$5 suggested donation. Old Town School of Folk Music, 4544 N. Lincoln Ave. 773-728-6000.

**FRANK CATALANO SEXTET**  
2 a.m. Free. Green Mill, 4802 N. Broadway. 773-878-5552.

**GUITARS OF FIRE**  
5 p.m. Free. Katerina's, 1920 W. Irving Park Rd. 773-348-7592.

**J.W. WILLIAMS BLUES BAND WITH PATRICIA SCOTT**  
9 p.m. \$8. Blue Chicago at Ohio, 536 N. Clark St. 312-661-0100.

**JORDAN BASKIN TRIO**  
7 p.m. \$10. Andy's Jazz Club, 11 E. Hubbard St. 312-642-6805.

**KEVIN O'DONNELL'S 2ND ANNUAL EPIPHANY SPECTACULAR**  
8 p.m. \$8. Martyrs', 3855 N. Lincoln Ave. 773-404-9869.

**LIZA DAY, MILANO**  
8:30 p.m. \$8. Beat Kitchen, 2100 W. Belmont Ave. 773-281-4444.

**MAURICE VAUGHN, JIMMY BURNS BLUES BAND**  
9:30 p.m. \$12. Kingston Mines, 2548 N. Halsted St. 773-477-4646.

**NAOMI ASHLEY, BOB BENEDICT**  
8 p.m. \$5 suggested donation. Uncommon Ground on Clark, 3800 N. Clark St. 773-929-3680.

**RABAK, NEPHEW**  
9 p.m. \$5. Red Line Tap, 7006 N. Glenwood Ave. 773-274-5463.



Two Star

**RODA DE CHORO**  
**RIOT INSIDE, WHISKEY SIN, ZIOLÓ**  
9 p.m. Free. Double Door, 1572 N. Milwaukee Ave. 773-489-3160.

**SURA RAMSES DUPART AND THE SIDEPOCKET EXPERIENCE**  
9:30 p.m. \$7. Katerina's, 1920 W. Irving Park Rd. 773-348-7592.

8:30 p.m. Cover varies. The Velvet Lounge, 67 E. Cermak Rd. 312-791-9050.

**SWEETWATER MELTDOWN**  
9 p.m. Free. Abbey Pub (in the pub), 3420 W. Grace St. 773-478-4408.

**TWO STAR, ROSALINE**  
7:30 p.m. \$10. Subterranean, 2011 W. North Ave. [housecallent.com](http://housecallent.com)

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# TICKETBOOTH

*your on-sale concert guide*

## ON SALE 10 A.M. WEDNESDAY

**Andy Statman and the Lucky Break Bluegrass**, Monday, Feb. 22 (\$15, 21+) at Martyrs'.

**Beyond Words, Bakelite Army, Tenniscourts**, Thursday, Jan. 28 (\$6, 21+) at Martyrs'.

**Davenport Ed, Erin Martin**, Tuesday, Feb. 2 (\$7, 21+) at Martyrs'.

**Phil Angotti Band, Kristine Jackson, Holiday House**, Wednesday, Feb. 10 (\$7, 21+) at Martyrs'.

**Tin Lynott**, Monday, Feb. 15 (\$5, 21+) at Martyrs'.

## ON SALE 10 A.M. FRIDAY

**Yes**, Friday, Feb. 19 (\$57.50-\$63, 17+) at House of Blues.



## ON SALE NOON FRIDAY

**Hockey**, Friday, March 12 (\$12, 18+) at Schubas.

**Japandroids**, Friday, April 9 (\$14, 18+) at Lincoln Hall.

**Rickie Lee Jones**, Wednesday, Feb. 24 (\$35, 21+) at Lincoln Hall.

**Miles Kurowsky**, Thursday, April 1 (\$12-\$14, 21+) at Schubas.

**Owl City, Lights, Paper Route**, Friday, April 30 (\$20, all ages) at Aragon.

## ON SALE 10 A.M. SATURDAY

**Air, AM**, Wednesday, March 24 (\$32, 18+)

at Riviera Theatre.

**Chevelle, Sick Puppies, Janus**, Saturday, Feb. 20 (\$26, all ages) at Riviera Theatre.

**Gomez**, Thursday, March 4 (\$27.50, 18+) at Vic Theatre.

**Moe.**, Friday, March

**5 with Cornmeal**; Saturday, March 6 with **Perpetual Groove** (\$27.50-\$31, 18+) at Riviera Theatre.

**Never Shout Never, Hey Monday, The Cab, Every Avenue, The Summer Set**, Saturday, April 10 (\$13-\$15, all ages) at House of Blues.

**Vampire Weekend**, Thursday, March 25 (\$28.50, all ages) at Riviera Theatre.

## ON SALE NOON SATURDAY

**Alkaline Trio, Cursive**, Saturday, Feb. 27 (\$25-\$28, 18+); Sunday, Feb. 28 (\$25-\$28, all ages) at Metro.

**Backyard Tire Fire**, Saturday, Feb. 13 (\$12-\$15, 21+) at Double Door.

**Blah Blah Blah, The Rikters, Unearthed**, Tuesday, Jan. 26 (\$3-\$5, 21+) at Double Door.

21+) at Double Door.

**Kings of Convenience**, Saturday, Feb. 20 (\$30, all ages) at Metro.

**The Tossers**, Wednesday, March 17 (\$17, 18+) at Metro.

**Trampled By Turtles, Devil Makes Three**, Thursday, April 8 (\$15-\$23, 21+; ticket includes new album) at Double Door.

## ON SALE NOW

**Bitter Wigs, Dorian Taj**, Thursday, Feb. 4 (free, 21+) at Double Door.

**Pet Lions, Post Honeymoon, White Mystery**, Friday, Jan. 22 (\$6-\$9, 18+) at Metro.

**Supreme Court, Dave Mata, Xavier, Risk, Sloppy White**, Thursday, Jan. 21 (free, 21+) at Double Door.

# Bare Assets



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## WEEKLY CALENDAR



WINTER 2010

## PREMIERES 1/8

# KARAOKE

"Entertaining, 9/10!" *ABC News*

## KARAOKE FRIDAYS

PREMIERES 1/8  
Sing your heart out  
all night long!  
(or just be entertained  
by those that do!)

## ROCK DJ-MASH-UP PARTY SATURDAYS

PREMIERES 1/9  
Owner Billy Dec hosts  
as DJs ROCK the party  
mixing & mashing rock  
with all genres of music!

## LIVE MUSIC SUNDAYS

PREMIERES 1/10  
Live acoustic performers,  
comfort food & drink specials!

## WINE 50% OFF MONDAYS

PREMIERES 1/11  
50% off wine, featured wine  
tastings brought right to  
your table & dinner specials!

## PREMIERES 1/9

# ROCK DJ-MASH-UP PARTY

"Top New Concept" *Condé Nast Traveler*

## SKATE! TUESDAYS

PREMIERES 1/12  
Receive 50% off our  
Winter Warmup drinks, soup  
& kids menu items before or after  
"half price skate" night across  
the street at The Rink at Wrigley!

## LEARN TO COOK WEDNESDAYS

PREMIERES 1/13  
Learn to cook award-winning  
Rockit food and serve it after  
class to your friends & family  
in the dining room!

## CUB-AHOLICS ANONYMOUS THURSDAYS

PREMIERES 1/14  
Cubs fans, players, media...  
Share & connect over  
love for the greatest  
team in baseball!

# FIVE TO SEE

**Highlights of this weekend's SketchFest, taking place at the Theatre Building Chicago, 1225 W. Belmont Ave. Tickets: \$12.50; [chicagosketchfest.com](http://chicagosketchfest.com)**

## 1 365 Sketches

See the top 10 sketches from a collection of 365 written by Second City alum Joe Janes. Also on the bill: Happily Ever Laughter, a student troupe from Vassar College in Poughkeepsie, N.Y. 8 p.m. Thursday.

## 2 Hard Left Productions

ImprovBoston cast members Taylor Newhall and Robert Woo air their original sketch comedy videos and perform live. 10 p.m. Friday-Saturday.

## 3 Bri-Ko

Brian Posen, Brian Peterlin and Tim Soszko perform silent sketch. Of the act, Posen says, "It gets pretty messy. We have buckets of gumballs, giant packs of sugar and flower exploding. There's water balloons launched into the audience." Look out. 11 p.m. Friday.

## 4 Stir-Friday Night!

The local Asian-American team turns cultural stereotypes on their heads. 8 p.m. Friday.

## 5 W.A.S.

A fictional '90s girl group with a tumultuous past tries really hard to make a comeback. 7 p.m. Sunday.



**SketchFest founder Brian Posen (center) with his sketch comedy group Bri-Ko**

# OPERATION funny

## SketchFest returns to Lakeview with a crew of comedians in tow

By **Rebecca Palmore**

The Chicago Sketch Comedy Festival (aka SketchFest) is billed as the largest fest of its kind in the world, which is pretty good for an event that almost didn't happen.

Nine years ago, festival founder Brian Posen, who also performs and teaches at local comedy institutions such as Second City, began organizing a production of the musical "Aztec Human Sacrifice" at the Theater Building. When funding didn't add up, he pulled the plug on "Sacrifice" but corralled 33 sketch comedy groups to perform in rotation for seven weeks.

On Thursday, the fest celebrates its ninth year with more than 150 shows in 10 days. We checked in with Posen, who appears this year with Bri-Ko and the Cupid Players, to see how things were shaping up.

### Are you ready for Thursday's kickoff?

Oh, yeah. For some reason, this year feels extremely exciting. I don't know why, but there's a buzz.

### What do you think is behind that? Do people just need a good laugh?

We had over 200 submissions from groups from all over the planet, and we have 113 groups that are performing. That's the most we've ever had. But just the level of talent ... there's a great vibe.

### So more people are trying to perform at the fest now that it's getting more recognition.

Oh, yeah. For the first three years we really had to work at finding groups because the art form was just starting to explode. In the '80s, stand-up was huge, and in the '90s, it was all improvisation. We went from pursuing other groups to being bombarded. Now we're in a position where we have to turn away 100 groups.

### What do you look for when you pick groups for the fest?

We look for a whole mess of things. It's not just about being funny. It's about the flavor of the festival, the night, the time slot. You look for different points of view. We have an all-Asian sketch group and an all-Hispanic sketch group, a black and white team, lesbian.

### Are most of the groups repeat offenders, or do you have lots of first-timers?

Both. Every year we get a slew of new and exciting groups, and we also get groups with a following. Last Call Cleveland is coming in for their sixth year, and we have new groups coming in from New York and Miami and L.A.

### How should audiences navigate the fest if they don't already know about these groups?

Well, hopefully no matter what theater they walk into they'll be pleased and get their money's worth. That's my job. But the split second they walk into the Theatre Building, we'll have staff greet them to say, "OK, this hour you have these three groups. Let's see what your flavor is. Do you want to see the all-lesbian group? The political group? Do you want to see the boys talk about fraternity stuff?"

### Any predictions for sketch topics this year?

Last year, we had a lot of doctor scenes. The year before that we saw a lot of animal scenes, but I have no idea. What's funny in the news now? That's what's gonna get slammed.

### Is there a topic you're tired of?

I had a teacher when I was just starting out who said, "Everything's been done. It's a matter of presentation." You can flashback to the old timers doing group-therapy scenes or news-casting reports and if it's done well, it's funny. There's nothing that would make me go, "Oh, God, this scene." Put in puppets and Kabuki theater with a Greek chorus, and it's going to be funny. You're always gonna get the funny out of the puppets.

REBECCA PALMORE IS THE METROMIX EVENTS PRODUCER.

[RKPALMORE@TRIBUNE.COM](mailto:RKPALMORE@TRIBUNE.COM)



**Laura on Laura Comedy Tour, performing at SketchFest on Jan. 14**

## Chicago SketchFest

Theatre Building Chicago, 1225 W. Belmont Ave. Thursday through Jan. 17

**Tickets:** \$12.50 per show; \$150 all-fest pass; [chicagosketchfest.com](http://chicagosketchfest.com)

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The Cedar-Crosse Research Center is currently looking for diabetics, 18 years or older, on oral medication to participate in a free clinical research study.

Participants will receive study related medical exams, sugar monitoring, diet instruction, diabetes study medication and up to \$500 for their time.

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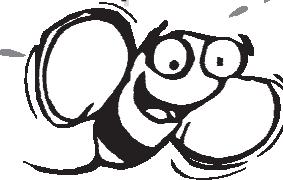
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## Has Your Antidepressant Failed To Help?

There are numerous medications available to treat major depressive disorder, but they do not work for everyone. That's why a clinical research study is now under way of an investigational medication for major depressive disorder to see if it may work when taken with an antidepressant. Qualified participant may be eligible to join the STEP-D study if they:

- Are 18 to 65 years of age.
- Have been diagnosed with major depressive disorder
- Are currently experiencing depression that has lasted at least 8 weeks.
- Have tried at least one antidepressant that has not been successful.

Qualified participants will receive study medication, study-related medical evaluations, and compensation for their time. Contact us by one of the following: 24-hour Uptown Research screening line at 773-989-8313 x110, our e-mail at [info@uptownresearch.com](mailto:info@uptownresearch.com), or at our office between the hours of 1pm and 4pm, Monday through Thursday at 1021 W. Lawrence Avenue in Chicago.

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**pop**

# FEELIN' THE BURN

By **Stephanie Lulay**

REDEYE

Fed up with militant personal trainers and uber-gyms that weren't getting her into shape, Margarita Hacias was looking for something different in a workout—fast results.

"If left to my own devices, I'd do 15 minutes on the elliptical," said Hacias, 32, who said traditional gyms intimidated her. Recently she found CrossFit, an intense, rapid-workout program. But fear aside, she said the payoff's worth it, as she's lost 7 pounds on her 5-foot-2-inch frame and her so-called muffin top through twice weekly workouts in two months.

"You know when you go, you're going to have your ass handed to you," she said.

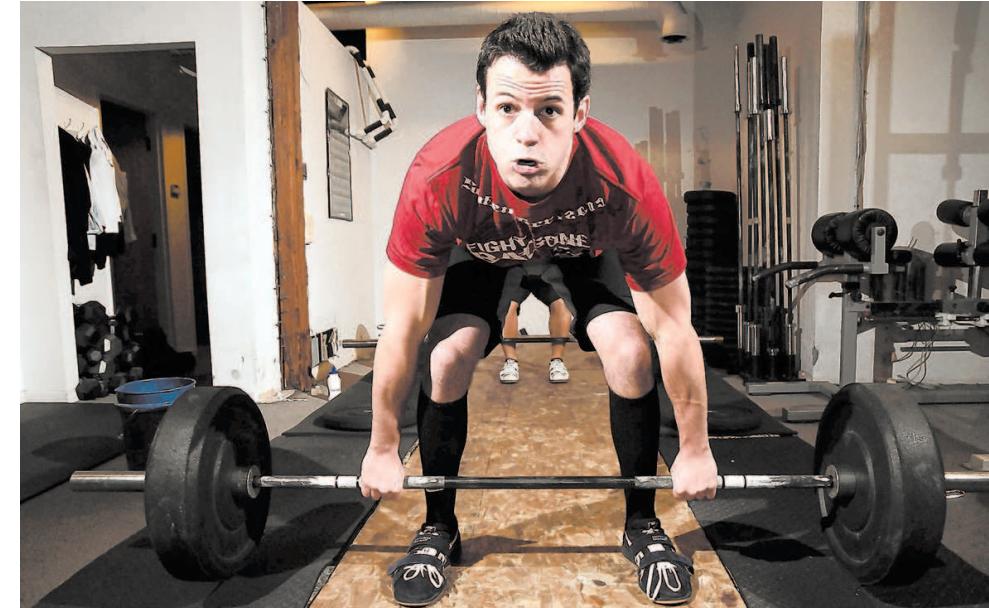
The program is one of a handful that promise results you just can't get as quickly from traditionally paced routines—perfect for those bent on getting a jump on their New Year's weight resolutions. This year, gym rats are turning to intense workouts like CrossFit and P90X—a video home workout system—that leave them red-faced with their bodies dragging, according to fitness pros with whom RedEye spoke.

While gym memberships increased an estimated 4 percent nationally in 2009, according to market research firm Stifel Nicolaus, at CrossFit Chicago, membership doubled this year, forcing the gym to move to a bigger space soon. P90X enjoyed sales of \$130 million last year—up from \$90 million in 2008, said Babak Azad, P90X vice president of finance.

Introduced in 2004, the system of 12 workouts done in six days a week and a three-phase nutrition plan promises to transform a regular body into a ripped one in 90 days (cost: three payments of \$39.95), said Danyel Tiefenbacher, P90X product manager.

These extreme workouts, which incorporate powerlifting in high repetitions and full body movements, have potential for more reward—to quickly shave off inches—but also more risk, experts say.

"Whenever you do high-intensity workouts,



Chris Skafidas powers through a 30-minute group workout at multiple stations—including cardio, powerlifting, gymnastics and kettlebells—at CrossFit Chicago in Lincoln Park.

BRIAN J. MOROWCZYNSKI PHOTOS FOR REDEYE

***You know when you go, you're going to have your ass handed to you."***

—Margarita Hacias  
on working out at CrossFit

there is an increase of injury with that," said Dr. Douglas Krebs, a chiropractic orthopedist at Chicago Spine + Sports in Lakeview.

At Life Time Fitness, a suburban gym chain that has offered intense total conditioning for years, personal trainer Jeff Rosga said the classes are especially popular this time of year. It's when gym rats hope the workouts will be their quick-fix to get them in beach-body shape.

But they're not for everyone.

Frank Napoli, 38, said he tried P90X about 10 times but didn't stick with the program. He

**Intense workout regimens just the thing for Chicagoans looking to get in shape this winter**



Erin Cunningham and Geoff Klein rest between sets during an intense 30-minute group workout at CrossFit Chicago.

went back to his trainer instead.

"P90X got my heart rate going, but I didn't find it that motivating and found it hard to train in front of the TV," the North Side resident said of the DVD series. "Overall the workout that I was getting with a trainer I found to be better cardio and get me better results."

Results-oriented workouts such as CrossFit are not for people looking to kick off 5 or 10 pounds without getting seriously fit, said Rudy Tapalla, owner of CrossFit Chicago in Lincoln Park. CrossFit itself isn't a fitness class or a gym—it is a series of full-body workout routines designed to make someone fit in every way, he said. Workouts vary day to day and can range from 5 to 25 minutes with a substantial warm-up. Varied, atypical workouts that alternate between lifting weights, rowing, push-ups and pull-ups have many members falling to the floor at the end

of their workouts as they train at their maximum capacity.

"It's hard both physically and mentally," he said. "We care about performance and encourage people to push the envelope. If you can do a five minute mile, you can't lift heavy weights, and vice versa."

Ross Dillon, 22, from Lincoln Park, said he was looking to build muscle and was attracted to Cross Fit because of its challenge level. What kept him hooked were the fast results.

"Physically, I've gained 40 pounds since I started. I'm much stronger," he said. "In two or three months, my body fully developed."

For those chasing fast results, Tapalla said he has some members who come as many as six days a week. Memberships cost from \$70 to \$226 per month, depending on how often you use the gym.

Because fast, intense workout programs



## Is it safe?

Whether starting an intense workout program like CrossFit or getting back on the treadmill, people should consult a doctor before starting an exercise program, said Melissa Paolino, an exercise physiologist at the Northwestern University Center for Partnership Medicine.

"You need to know that you're healthy enough for exercise," she said.

While any exercise program could pose health dangers, from strained muscles to heart problems, Paolino said the best way to avoid injury is to trust your own judgment.

"You have to listen to your body and work at your own pace," she said. "They are advanced workouts." **STEPHANIE LULAY, REDEYE**

incorporate resistance training, Krebs said participants will notice results.

"Within six to eight weeks, someone should notice something—a difference in the way you look or the way you are doing the exercises, especially if you're not working out now," he said.

Krebs said the risk of injury is low but that high intensity workouts could lead to muscle strains as well as ligament and tendon injuries. Of all the CrossFit-enthusiast patients he

has treated, none of them were injured doing the high-powered workout.

While the intense training has people buzzing, Tapalla said people want to talk about the change in their lifestyle because it's making a difference for them.

"More than any other workout, I can see myself getting better every time," Dillon said. "I'm much stronger, faster and proportional than I was. And I feel great."

**SLULAY@TRIBUNE.COM**

"More than any other workout, I can see myself getting better every time. I'm much stronger, faster and proportional than I was. And I feel great."

**—Ross Dillon on working out at Cross Fit**

## A slimmer you in minutes?

### Chicago Tribune

Quick—10 minutes, that's all we've got. But fret not, sweat plenty, that's all the time you'll need to squeeze in a rat-a-tat whole-body workout.

So says exercise physiologist Sean Foy, long-time personal trainer

and author of "The 10-Minute Total Body Breakthrough" (Workman Publishing, \$22.95; [4321fitness.com](http://4321fitness.com)).

This whole-body blitz adds up like this:

- Four minutes, high-energy aerobic training
- Three minutes, resistance exercise
- Two minutes, core strengthening
- One minute, stretching and deep breathing

According to Foy, who practices in sunny Southern California (but of course), the 4-3-2-1 equation will have you burning fat, building muscle and generally catapult you into higher gear.

Of course, we had only 10 minutes to talk to the fast-moving Foy, so we set the clock and fired away. Here's how it flew:

### Why is 10 better than nothing?

Most Americans are doing nothing. You know what happens when we do nothing? Our muscles atrophy. (That means they basically waste away and shrink down to nothing.) The No. 1 excuse for not doing anything is time. So here's all you need to do in 10 minutes.

### So is this some kind of trick—you hook us on 10, only to find out down the road that it won't make a difference till we work up to 60?

No, no, it's not a trick. If you did one minute, it's better than nothing. Ultimately, 10 minutes is a complete circuit. We'd love it if you'd do two cycles, or three cycles. For years, the American College of Sports Medicine has been saying three to five days a week, do 20 to 60 minutes of aerobics, two to three days of resistance training, every day stretching. But the dilemma here is that no one's doing it. Our challenge is to get 10 million people doing 10 minutes a day.

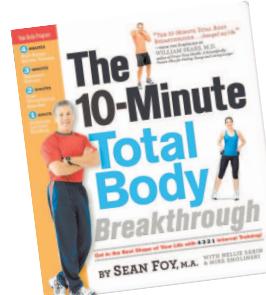
### What's the magic behind the 4-3-2-1?

You need to do the circuit without taking a break. With no rest!

Researchers have found that it's the interval—switching from 30 seconds of moderate intensity to 30 seconds of high intensity—that boosts your metabolism. You'll burn more fat and burn it for longer after the workout. That's called the afterburn.

### When's the best time for the workout?

I always say, "The best time to do the workout is the time you'll do it." Studies, though, do show better adherence to an exercise routine when you do it first thing in the morning.



# THINGS THAT TURN US ON


**SONG »**
**'According to You'**
*Orianthi*

Orianthi, best known so far as the guitarist picked for Michael Jackson's "This Is It" tour, sets herself apart from the crowd of Kelly Clarkson-esque female pop-rockers on her debut single by shredding a bit on the guitar. And that's not the only way she leans more Pat Benatar than Pink, merging late-'70s rock riffing with Aughts-era pop rhythms and female empowerment. **GLENN GAMBOA, NEWSDAY**

**« FASHION**
**Akira Color Block Dress**

\$27.93 on sale at [akira.com](http://akira.com)

Color blocking is one of the trends you definitely will be seeing more of in 2010. With its use of varying gray shades, this Akira dress is a more subtle take on the trend. Or you can look at it as a more updated take on the little black dress. **JOANNA GUSTAFSON FOR REDEYE**


**TV**
**'Nip/Tuck'** 9 p.m. Wednesday, FX

Full disclosure: I missed about 10 minutes of tonight's "Nip/Tuck," the first of the show's final nine episodes. I had to close my eyes and go to my happy place after seeing the patient of the week bite off his own lips and other body parts. But once I awoke from my fainting spell, I was happy to see Sean McNamara (Dylan Walsh) finally deciding—well, maybe—that Christian Troy (Julian McMahon) isn't a good work partner or friend. As the series wraps up, fans are treated to flashbacks of the boys in college, before they became older, um, boys. **CURT WAGNER, REDEYE**

**IPHONE APP »**
**ChuckMeOut**
*Free at iTunes*

The spy comedy gets its own iPhone app just in time for the Season 3 premiere of "Chuck" on Sunday. With ChuckMeOut, fans can add their own photos to graphics from the show to create Nerd Herd, Fulcrum or Jeffster badges. You even can become Capt. Awesome, Morgan, Sarah or Chuck. Chuck out my attempts above and don't forget, "Chuck" premieres with a 2-hour special at 8 p.m. Jan. 10 and slides into its regular 7 p.m. Monday spot Jan. 11. **CURT WAGNER, REDEYE**



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## "JUNO meets GILMORE GIRLS"

— TV Guide Magazine

# life UNEXPECTED



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# Mark each month with a great wine

Have you made a resolution to enjoy more wine this year? To help you along the way, here's my monthly guide for what you should drink in 2010. Cheers and Happy New Year! **REDEYE SPECIAL CONTRIBUTOR ALPANA SINGH** IS DIRECTOR OF WINE AND SPIRITS FOR LETTUCE ENTERTAIN YOU ENTERPRISES AND THE HOST OF "CHECK, PLEASE!" ON WTTW.

#### January

**Qupe Central Coast Syrah**  
California, \$16

With below freezing temperatures, you'll need this big and hearty red to warm you up.

#### February

**Marenco Brachetto d'Acqui Pineto**  
Italy, \$25

A little something sweet to pair with your Valentine's Day treats.

#### March

**D'Arenberg The Stump Jump White**  
Australia, \$12

Technically winter is almost over but it may not look like that outside. If cabin fever is setting in, try some bottled sunshine to cheer you up.

#### April

**La Marca Prosecco** Italy, \$15

Chances are you will be attending a brunch this month and Prosecco is just the thing to drink.

#### May

**Francois Pinon Vouvray Cuvee Tradition** France, \$18

The frost is finally gone, the trees are in bloom and the farmer's markets are back. Make a lovely springtime dinner for the moms in your life and pair it with this Loire Valley white.

#### June

**Slipstream Shiraz-Grenache**  
Australia, \$20

A robust and hearty red to celebrate dad, grads and the arrival of summer.

#### July

**Hugl Zweigelt** Austria, \$15

The festival season is in full swing, so pack this picnic-perfect red that is best served slightly chilled.

#### August

**Capcanes Mas Donis Rose**  
Spain, \$12

It's too hot to think, but a chilled glass of rose wine will cool you off during the dog days of summer.

#### September

**Quinta do Alqueve Tradicional Red Blend** Portugal, \$14

The leaves are falling, the temperature is slowly dropping and you're reaching for your sweater. Enjoy this full-bodied red with all that accompanies autumn.

#### October

**Jackson Triggs Vidal Icewine**  
Canada, \$24

Instead of unwrapping Halloween candy, consider uncorking this luscious dessert wine instead.

#### November

**Chehalem Pinot Noir 3 Vineyard**  
Oregon \$25

The countdown to the end of the year begins, and this bottle of red is a good way to start the season.

#### December

**Toso Brut Sparkling Wine**  
Argentina, \$12

Enjoy this festive sparkling wine through the hustle and bustle of the holidays.

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# whille



## UGLY TRUTH

Remember how hot Gerard Butler looked in "300," or at least how skillfully his abs were enhanced through the wonders of CGI in that flick? Well, he doesn't look like that any longer. The Internet is awash in several photos of the star in shockingly pink trunks on a beach in Barbados. It seems he spent the holidays scarfing down pasta and ignoring his Ab Roller. I can relate. But if celebs, who have enough dough to hire personal trainers and assistants to forcibly remove food from them, can't stay in shape, we all are doomed. No wonder Butler has kept himself covered up recently.



Linda Evans  
and Joan Collins  
in "Dynasty."

# Oh, you again

By Emily Rosenbaum Maka  
REDEYE

Courteney Cox Arquette and Lisa Kudrow, who starred on "Friends," have reteamed for Wednesday's episode of "Cougar Town," Cox's new comedy. Kudrow guest-stars as a nasty dermatologist who digs her claws into Jules Cobb's ex-husband. "I get to play a really mean person," Kudrow told The Associated Press, "so that's really fun."

In another TV reunion, cast members from "The Shield" this spring will reunite for an episode of "Lie to Me," which is executive-produced by Rockford man Shawn Ryan, who created "The Shield."

Now if only the TV gods would answer my prayers and bring Joan Collins and Linda Evans together

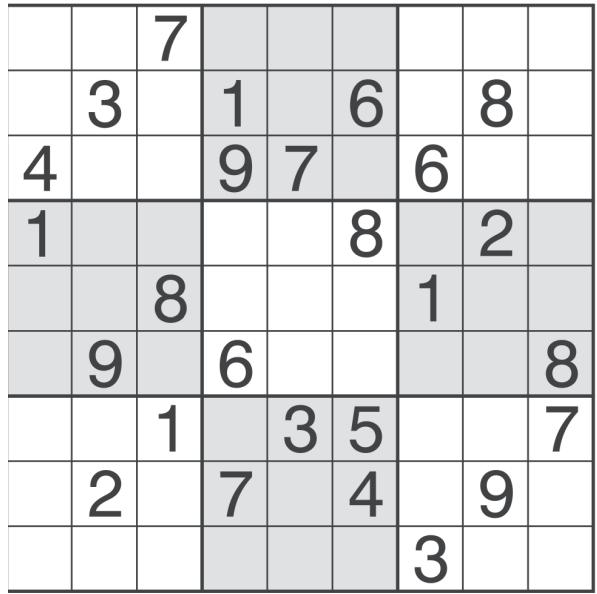
again for another epic TV catfight. They would be perfect as great-aunts on "Brothers & Sisters" and could wear their 1980s "Dynasty" Nolan Miller gowns and big-shouldered jackets. Collins could slap Nora (Sally Field) whenever she gets too weepy, which is way too often.

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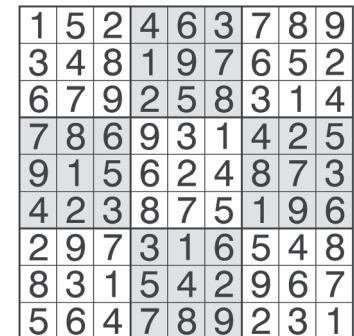
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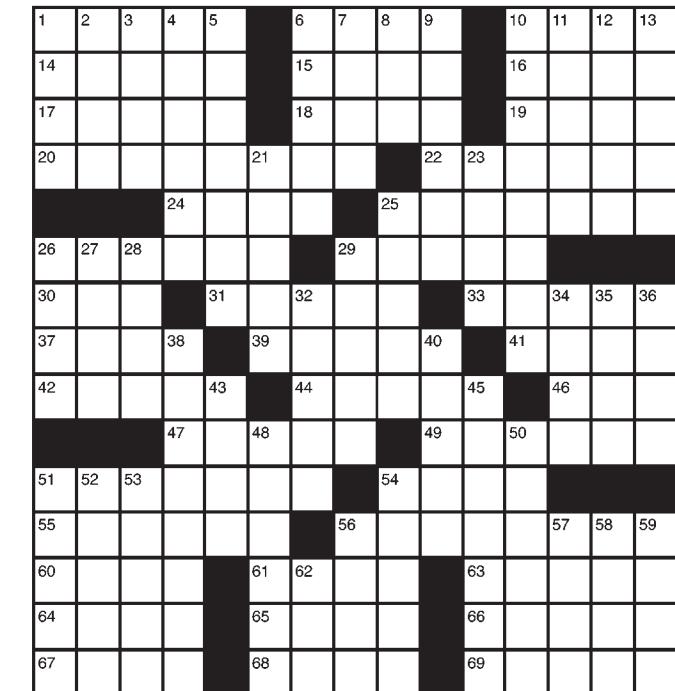
RedEye's Puzzle Master will stump you with his brainteasers. Play at [redeyechicago.com/puzzler](http://redeyechicago.com/puzzler)

**TUESDAY'S SOLUTIONS****ACROSS**

- 1 Stay away from
- 6 Related
- 10 Gambler's woe
- 14 pie
- 15 Venetian beach
- 16 Leave out
- 17 Men
- 18 Delighted
- 19 Prefix for chute or normal
- 20 Winter Games participant, e.g.
- 22 One of Santa's reindeer
- 24 Helper
- 25 Dependent
- 26 Very small
- 29 Made public
- 30 Carney
- 31 African antelope
- 33 Spine-chilling
- 37 Wedding miracle town
- 39 Jargon
- 41 Failures
- 42 Former Russian rulers
- 44 Faithful
- 46 Dip in liquid
- 47 Like an adhesive
- 49 Seldom
- 51 Not healthy
- 54 Distribute
- 55 Relaxing area
- 56 Give a new meaning to
- 60 Concluding musical section
- 61 vera
- 63 Measuring stick
- 64 Jacob's twin
- 65 Chair or bench
- 66 Inquirer
- 67 Monthly expense
- 68 Sweet potatoes
- 69 Guides

**DOWN**

- 1 Bullets
- 2 Small bottle
- 3 Exclusively
- 4 "The \_ Cometh"
- 5 Loathe
- 6 Pond growths
- 7 Heating chamber
- 8 "\_ Sweet as Apple Cider"



9 One falling asleep  
in a chair

- 10 Leaning
- 11 Largest city  
in Nebraska
- 12 Ambulance noise
- 13 Begin
- 21 Pastoral poem
- 23 Away from the wind
- 25 Covered with welts
- 26 Diplomacy

27 Epochs  
28 Sicilian mount  
29 Bother

- 32 Felt achy and feverish
- 34 Trick
- 35 TV's "American \_"
- 36 Notice
- 38 Member of Jason's crew
- 40 Rowed
- 43 Punch
- 45 Sideways football pass

- 48 Nervous
- 50 Decline
- 51 Stomach woe
- 52 Lasso's end
- 53 Africa's largest nation
- 54 Encounters
- 56 Wander
- 57 Actress Chase
- 58 Require
- 59 Is mistaken
- 62 Meadow

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# red hot



## Women on top

Ellen DeGeneres and Portia de Rossi have topped an online poll as the most popular celebrity couple. Fans of the lovely twosome flocked to [popeater.com](#) to vote for them, giving them more than 25,000 votes. Beyoncé and Jay-Z took second place and Brad Pitt and Angelina Jolie finished third.

## Ri-Ri romance

She's got a hot album and a sexier image, and now Rihanna is kicking off 2010 with a new man. The singer is vacationing in Mexico with muscle-bound Dodgers outfielder Matt Kemp, nickname "The Bison," [people.com](#) reports. Kemp's agent, Dave Stewart, said: "They've only had a few opportunities to be together, but those times have been fun."

## Michael Hair-A

It seems Michael Cera can't get enough of multiple personalities. The star hung out with the "Jersey Shore" people Monday to promote "Youth in Revolt" in which he plays two characters: a gawky teen and his confident alter ego, Francois Dillinger. Besides posing with Snooki and chilling in a hot tub, Cera also underwent a "Jersey" makeover, complete with gravity-defying hair. Check [people.com](#) for a gallery of photos.

## HOT DATE

# Feb. 24

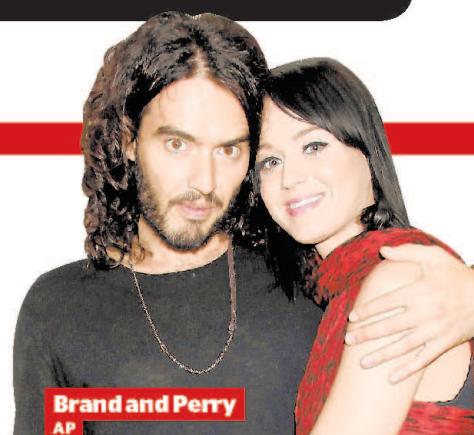
That's the date Snoop Dogg will appear on "One Life to Live," according to [mtv.com](#). The Doggfather, a fan of the soap since childhood, also plans to remix the show's theme song.



Andy Whitfield  
in "Spartacus"  
STARZ

# SWORDS & SANDALS IN CHICAGO

Sweaty, muscular gladiators in torn tunics—sign us up! Starz will screen the premiere episode of "Spartacus: Blood and Sand," at 7:15 p.m. Jan. 19 at Century Centre Cinema, 2828 N. Clark St. It's a free event, but you need to show up early in order to get in. For more info, go to [redeyechicago.com/showpatrol](#).



## Waking up engaged?

British funnyman Russell Brand is engaged to Katy Perry, [usmagazine.com](#) reports. He allegedly proposed while the two were vacationing in India over the holidays. We must reveal that no one is on the record, but these two do look very happy together.



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